

Greetings and happy **National Wear Red Day** from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the February 6, 2009 edition of the "DPCP FYI". Each FYI is received by over 450 diabetes care professionals in and around South Dakota. If you have trouble with the links, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know. Colette

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Congratulations to SD Urban Indian Health's Diabetes Education Programs

SD Urban Indian Health's Diabetes Education Programs in Aberdeen, Pierre and Sioux Falls have been recognized by the national Indian Health Service's Integrated Diabetes Education Recognition Program (IDERP) for achieving the highest level of recognition for Diabetes Self-Management Training (DSMT). The three programs join the Wagner and Ft. Thompson DSMT programs, 5 of 35 programs nationally, recognized by IDERP and able to bill Medicare for their services. Further information about IDERP is available at www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=programsIDERP.

Congratulations to SD Urban Indian Health for this accomplishment!

Changes and Challenges in Diabetes Care 2009 Information is Available

The SD Diabetes Prevention & Control Program will hold "Changes and Challenges in Diabetes Care 2009" April 7-8 in Watertown. The conference is intended for nurses, dietitians, nurse practitioners, physician assistants, pharmacists, and other health care professionals who provide care and education to people with diabetes and their families. Come and get an update on diabetes, network with others involved in diabetes care, and learn of products and services for those with diabetes. The brochure is available at <http://doh.sd.gov/Diabetes/Events.aspx>.

Virtual Trainer Available to Assist Consumers with Health and Fitness

For the first time ever, you and your patients can sign up to receive weekly tips from the CDC-funded National Center on Physical Activity and Disability's Virtual Trainer that will help keep you motivated to stay on track for your health and fitness goals for 2009.

You will gain exclusive access to our physical activity and nutrition experts that can provide personalized guidance to you during this 14-week program.

Weekly tips will include information on topics such as nutrition, workout ideas, fitness equipment, weather, motivation tools, written and video resources, and more. You will also receive forms that will allow you to log your progress as well as ideas for rewarding yourself when you meet your goals.

This 14-week program officially starts on February 14th. So celebrate American Heart Month by recruiting your friends and going to <http://www.ncpad.org/14weeks/> to sign up.

Tool to Assess Likelihood of Fasting Glucose Impairment (TAG-IT)

26% of US adults have impaired fasting glucose (IFG) and 2% of adults with IFG progress to type 2 diabetes each year. IFG is also associated with cardiovascular disease and other morbidities. To identify those likely to have undetected hyperglycemia, the University of Missouri Department of Family and Community Medicine has developed and validated the tool to assess likelihood of fasting glucose impairment (TAG-IT)

The researchers report TAG-IT was designed using factors that are self-reported, easily measured, or usually be found in a health record. By applying TAG-IT to patients in a practice panel by doing manual review or using its electronic health record, clinicians can potentially improve detection of IFG and, parenthetically, undetected diabetes. Further information about TAG-IT is available at www.annfammed.org/cgi/content/full/6/6/555 and the tool itself is at www.fcm.missouri.edu/pdfs/tagit.pdf.

American Dietetic Association White Paper on Roles Related to MNT and DSMT

To assist Registered Dietitians understand their roles and responsibilities as providers of nutrition care for Medicare Part B beneficiaries with diabetes, the American Dietetic Association has created a white paper, *ADA Diabetes White Paper — Defining the delivery of nutrition services in Medicare MNT versus Medicare DSMT programs*. The paper describes Medical Nutrition Therapy (MNT) and Diabetes Self-Management Training (DSMT) services covered under Medicare Part B, and the role of the RD and other healthcare professionals involved as program instructors in DSMT programs. The white paper is available at www.eatright.org/ada/files/white_paper_f-10_15_08_2.pdf.

Interested in Starting a Farmer's Market?

Bring fresh South Dakota produce to your community or worksite! The South Dakota Department of Agriculture is accepting grant proposals from any group interested in beginning a farmer's market in South Dakota or to enhance a current one. Grants are up to \$1,000. Applications are due March 15. Further information and the application are at www.healthysd.gov/Communities/default.aspx.

Treating Gum Disease Linked to Lower Medical Costs for People with Diabetes

Research supported by the Blue Cross Blue Shield of Michigan Foundation suggests that treating gum disease in people with diabetes with procedures such as cleanings and periodontal scaling is linked to 10 to 12 percent lower medical costs per month.

Data from 2,674 patients aged 18-64 who were enrolled in the Blue Cross Network between 2001 and 2005 and had at least 12 consecutive months of medical, dental, and pharmaceutical coverage was analyzed.

Although not designed to firmly establish cause and effect, the analysis showed that medical care costs decreased by an average of 11 percent per month for patients who received one or two periodontal treatment procedures annually compared to those who received none. For patients receiving three or four annual treatments, costs decreased nearly 12 percent. The study also showed that combined medical and pharmaceutical monthly costs were 10 percent lower for patients who received one or two periodontal procedures annually.

The working theory is that in periodontal disease, the body reacts to the bacteria causing the gum infection by producing proteins or chemicals called inflammatory mediators. Ulcers and open sores in the gums become passageways for these proteins and for the bacteria themselves to enter the body's blood circulation. These inflammatory mediators, as well as some parts of the bacteria, prevent the body from effectively removing glucose from the blood. "Cleanings and

other non-surgical periodontal treatment remove the harmful bacteria” said principle investigator George Taylor, University of Michigan associate professor of dentistry.

Further information on the study is at www.ns.umich.edu/htdocs/releases/story.php?id=6909. The Dental and Periodontal Disease section of the *Recommendations for Management of Diabetes in South Dakota* is available at <http://doh.sd.gov/Diabetes/Guidelines.aspx>.

SD Diabetes Coalition Newsletter

Issue 3 of *SDDC Connections*, the SD Diabetes Coalition's newsletter is available at <http://doh.sd.gov/Diabetes/Coalition/Connection2.pdf>.

If you have received this FYI from a colleague and you'd like to subscribe or to unsubscribe, contact Colette at the email below.

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